

INTISARI

Latar Belakang: Nutrisi penting untuk kehidupan manusia. Asupan energi yang kurang, sementara kebutuhan energi untuk metabolisme yang meningkat menyebabkan pasien *Atrial Septal Defect* (ASD) rawan kekurangan nutrisi. Indeks Massa Tubuh (IMT) adalah standar emas penilaian status gizi pada orang dewasa. Setelah defek ditutup, diharapkan peredaran darah sistemik menjadi normal, asupan nutrisi lebih adekuat.

Tujuan Penelitian: Mengetahui perubahan status gizi pasien ASD dewasa sebelum dan sesudah penutupan defek di RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian ini merupakan penelitian kuantitatif, dengan desain penelitian analitik *one group pre post test design*. Pengambilan data menggunakan lembar observasi dari data *Electronic Medical Record* (EMR) RSUP Dr. Sardjito Yogyakarta mulai Januari 2021 sampai Juni 2024. Jumlah responden penelitian ini 110 responden dengan *usability rate* 71%. Peneliti menggunakan *Wilcoxon signed rank test* untuk analisis data.

Hasil Penelitian: Secara statistik terdapat perubahan signifikan pada status gizi pasien ASD dewasa sebelum dan sesudah penutupan defek ($p:0,001$). Responden dengan kategori IMT normal sebagian besar menunjukkan perubahan yang kurang bermakna. Namun, sesudah dilakukan penutupan defek responden dengan kategori IMT kurus, sangat kurus dan gemuk mengalami kenaikan IMT satu tingkat pada semua kategori.

Kesimpulan: Terdapat peningkatan status gizi pada pasien ASD dewasa dengan kategori IMT kurus, sangat kurus dan gemuk sebelum dan sesudah penutupan defek di RSUP Dr. Sardjito Yogyakarta.

Kata Kunci: Status Gizi, Penutupan Defek, Atrial Septal Defek Dewasa

ABSTRACT

Background: Nutrients are important for human life. Insufficient energy intake, while increasing energy requirements for metabolism, makes Atrial Septal Defect (ASD) patients prone to nutritional deficiencies. Body Mass Index (BMI) is the gold standard for assessing nutritional status in adults. After the defect is closed, it is hoped that systemic blood circulation will become normal and nutritional intake will become more adequate.

Research Objective: This study aims to determine changes in the nutritional status of adult ASD patients before and after defect closure at DR. Sardjito Central General Hospital Yogyakarta.

Methods: This research is a quantitative research, with an analytical research design of one group pre post test design. Data were collected using observation sheets from Electronic Medical Record (EMR) data at RSUP Dr. Sardjito Yogyakarta from January 2021 to June 2024. The number of respondents for this research was 110 respondents with a usability rate of 71%. Researchers used the Wilcoxon signed rank test for data analysis.

Research Results: Statistically there was a significant change in the nutritional status of adult ASD patients before and after defect closure ($p: 0.001$). Respondents with a normal BMI category mostly showed less significant changes. However, after the defect was closed, respondents in the BMI categories of thin, very thin and fat experienced an increase in BMI of one level in all categories.

Conclusion: There was an increase in nutritional status in adult ASD patients with BMI categories of thin, very thin and fat before and after defect closure at RSUP Dr. Sardjito Yogyakarta.

Keyword: Nutritional Status, Defect Closure, Adult Atrial Septal Defects